

Mayo Clinic Minute: Know the differences between adult and teen depression

Video	Audio
<p>Marcie Billings, M.D. Pediatrics Mayo Clinic</p>	<p>Whether you are thirteen or thirty, anyone can be affected by depression.</p> <p>“It’s a very real diagnosis, and it’s different in adults and kids.”</p>
	<p>A typical adult symptom may include the classic depressed mood says Dr. Marcie Billings.</p>
	<p>“In a child or adolescent, you might see more irritability, cranky behavior, isolative behavior. “</p>
	<p>The challenge is that it also can be typical teen behavior. Dr. Billings says it’s the change in their normal behavior that can be concerning.</p>
<p>Marcie Billings, M.D. Pediatrics Mayo Clinic</p>	<p>“They used to want to hang out with friends – now they’re not. Grades are suffering. They’re struggling to get done what they normally do every day. They’re tired all the time. They can have sleep problems. They can have eating problems.”</p>
	<p>Weight loss in adults is a common sign of depression but can be different in kids.</p>
<p>Marcie Billings, M.D. Pediatrics Mayo Clinic</p>	<p>“You might see that they’re not gaining weight appropriately.”</p>
	<p>Or they are gaining excess weight.</p>
	<p>The good news is that there are treatment options for adults and for children. A good place to start is talking with your primary care provider.</p>
	<p>“We can treat adolescent depression extremely well. “</p>
	<p>For the Mayo Clinic News Network, I’m Vivien Williams.</p>